



ORGANIC FOODS PRIORITY LIST

Dirty Dozen and Clean 15 Produce Lists: Updated March 2021



DIRTY DOZEN

Buy these organic whenever possible.

1. Strawberries
2. Spinach
3. Kale
4. Nectarines
5. Apples
6. Grapes
7. Peaches
8. Cherries
9. Pears
10. Potatoes
11. Celery
12. Tomatoes
13. +Hot Pepprs

*I don't understand why those are on this list. They are frequently FMO foods. Buy Organic when possible.

CLEAN FIFTEEN

Save your organic budget on these:

1. Avocados
2. Sweet Corn*
3. Pineapple
4. Onion
5. Papaya*
6. Sweet Peas
7. Eggplant
8. Asparagus
9. Cauliflower
10. Cantaloupe
11. Broccoli
12. Mushrooms
13. Cabbage
14. Honeydew Melon
15. Kiwi